

Base of products					
All	Acc. to groups	Favorite	Working	Acc. to contents	
Chicken broth	Add	Remove	Correct	Send to...	Close
Name of product					
Tinted chicken, broth					
Chicken broth					
Tinted chicken broth					
Chicken broth or bouillon					
Stock cube					

Composition and contents	
Contents of meal	Additional compon.
Group: One's own products	
Name: Chicken broth	
Glycemic index: 23	

Element	amount	units	% of stand.
Energy (kcal)	105.8	kcal	4.9
Protein	6.78	g	5.7
Fat	6.2	g	8.5
Carbohydrates	4.15	g	1.8
Tryptophan	0.11	g	50.9
Threonine	0.4	g	93.9
Isoleucine	0.38	g	84.4
Leucine	0.68	g	70.1
Lysine	0.75	g	109.6
Methionine	0.25	g	26.5
Phenylalanine	0.34	g	36.1
Valine	0.43	g	62.8

OK Cancel

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Parameters of the program

Musis podet jakies dane
d
sachvad
v
ed
vtdv

DZ DOBRE
WIEC

Name
Jan

Surname
Kowalski

Friends call me:
Janek

< Back Next > Finish X Cancel

FIG. 2 A

Parameters of the program

Musis podet jakies dane
d
sachvad
v
ed
vtdv

DZ DOBRE
WIEC

Date of birth:
1971-01-06

Weight in kg:
60

Sex
☐ Man
☒ Woman

Height in cm:
180

BMI:
[redacted]

Other
☐ Pregnancy
☐ Breast-feeding

< Back Next > Finish X Cancel

FIG. 2 B

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The screenshot shows a window titled "Parameters of the program". On the left, there is a logo with the text "EDZ DOBR" and "I NIE TY". Below the logo is a dark, textured rectangular area. To the right of the logo, there is a list of items: "Music order: 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th". Below this list, there is a section titled "predisposition". This section contains two columns of radio button options. The first column is titled "Lifestyle" and contains three options: "sedentary", "intense", and "very intense". The second column is titled "Predisposition to obesity" and contains three options: "I haven't predisposition", "I have predisposition", and "I have big predispositions". At the bottom of the window, there are four buttons: "< Back", "Next >", "Finish", and "X Cancel". A mouse cursor is pointing at the "Next >" button.

FIG. 2 C

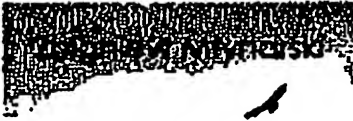
The screenshot shows the same "Parameters of the program" window. The "predisposition" section is now expanded, showing three radio button options: "I don't practice professional sports", "I practice fast-strength sports", and "I practice endurance sports". A mouse cursor is pointing at the "I don't practice professional sports" option. Below these options, there is a label "Amount of training hours daily" followed by a text input field. At the bottom of the window, the buttons are the same: "< Back", "Next >", "Finish", and "X Cancel".

FIG. 2 D


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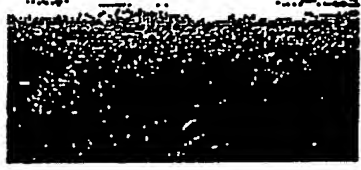
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Parameters of the program

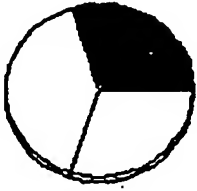


Musik podał jakies dane.
d
zadtyrd
v
zd
vzdv





Energy from:	%
Carbohydrates	40
Proteins	30
Fats	30



☒ 30 Carbohydrates
☐ 40 Proteins
☐ 30 Fats

< Back


Next >

Finish


X Cancel


FIG. 2 E

Parameters of the program



Musik podał jakies dane.
d
zadtyrd
v
zd
vzdv





Energy:

< Back

Next

Finish

X Cancel

FIG. 2 F

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Base of products

File Edit View Options Database Help

Food Restaurants User Windows Help

Remove Correct Close

Base of products

Acc. to groups Favorite Working Acc. to contents

Desc

Chicken broth

Olive oil

Sugar

Lentil, row

Bran

Orange, juice

Baguette

Knuckle of pork

Group: PL2-Meat, fish, poultry, eggs

Name: Knuckle of pork, roasted

Glycemic Index: 30

Favorite portion: 1 portion (328 g)

Composition and contents

Contents/100 g Composition of meal Additional compon.

Element	amount	units	% of stand.
Energy (kcal)	336.5	kcal	15.3
Protein	28.63	g	18.5
Fats	23.05	g	31.6
Carbohydrates	0.0	g	0.0
Tryptophan	0.2528	g	135.6
Threonine	1.235	g	289.9
Isoleucine	1.247	g	205.8
Leucine	1.908	g	202.5
Lysine	2.055	g	300.5
Methionine	0.6174	g	65.5
Phenylalanine	1.056	g	112.1
Valine	1.341	g	196.1

OK Cancel

Analyzer 0.2

Favorite

Start

Debris 7

C:\data\mpos\...

register

Clipboard - Info...

ACDSee Class...

Analyzer

15:14

FIG. 3

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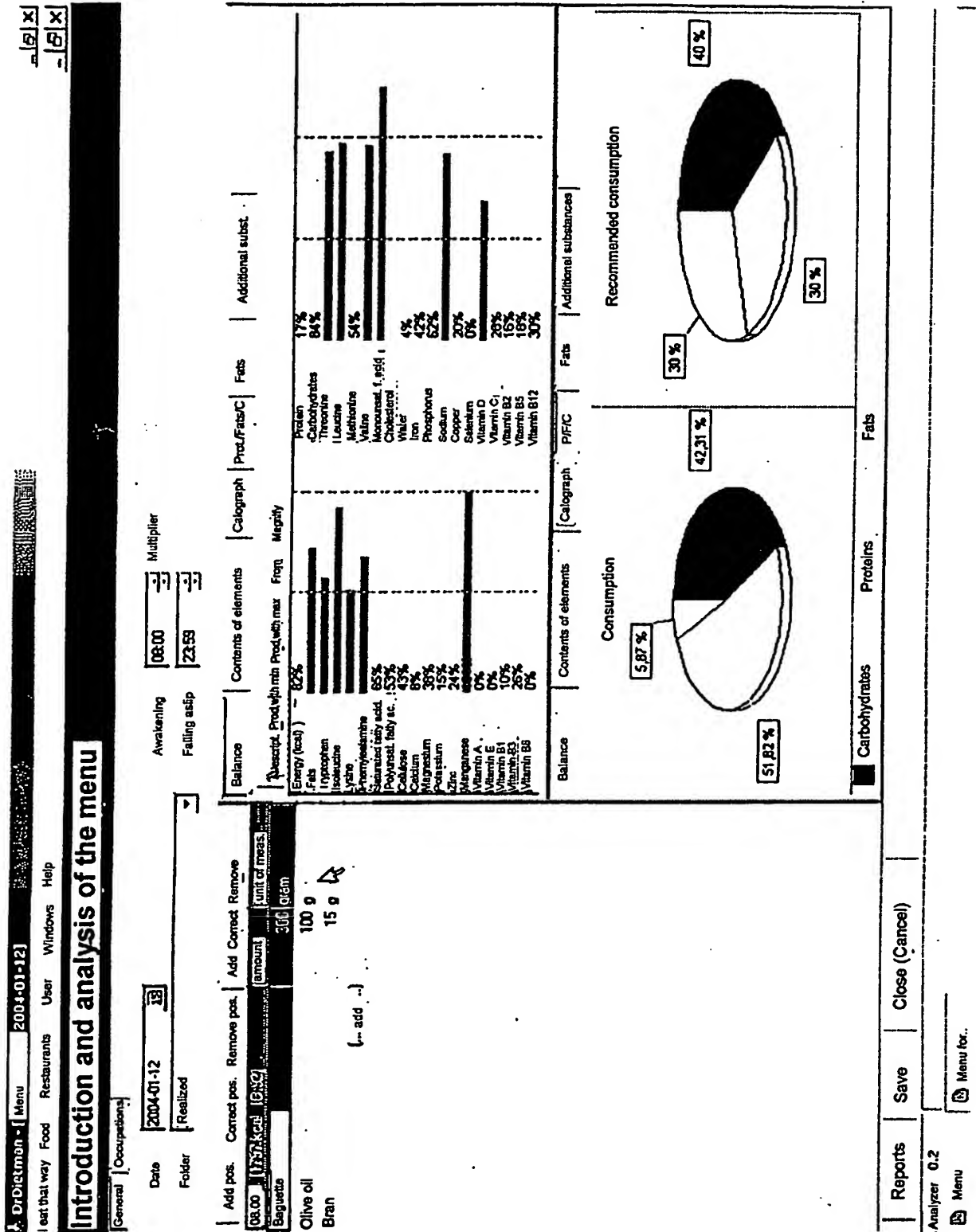


FIG. 4

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